

Gold Training Expedition Workbook

This Gold Workbook is designed to help you prepare for your training expedition. It will remind you of topics covered on the Planning day and give you tasks to research or do to help you plan and pack for your expeditions. To complete this workbook, you will need to:

- *read the Gold Expeditions Handbook*
- *read the Clothing & Equipment Advice booklet*
- *read the Food & menus Advice Booklet*
- *Look at our [Youtube channel](#)*
- *do some internet research*

If you cannot find the answers then see if your team can help you.

Expedition Aims

You qualifying expedition must have an aim, this is to give your journey a purpose. Think of it as a project that you will do on your expedition.

Your aim should be focused on something that interests you and your team. It's far easier to do something that grabs your attention than something that doesn't. It's also better that it is something that you can spend some time gather evidence each day.

*Your aim can be researched before your expedition so that you can come fully prepared. The purpose of this workbook is to get you to discuss this with your team and decide your Aim. **It is a good idea to come up with an Expedition project and practice it on your Training Expedition.***

Teams usually chose an Aim (project) that focuses on one of the main area of learning from the expedition:

- **Teamwork & personal development:** to explore what being a good team means and to identify how each of us individually supported the team (before & during) and identify 2 things we could do to be more supportive of each other next time.
- **Expedition skills:** To identify how our campcraft, clothing, equipment and fitness could be improved to make us more comfortable. To practice navigating and identify 2 things I need to do to be better next time.
- **Expedition area:** To learn about the area of countryside we will be journeying through and be able to list who owns the land, who uses the land, what shaped the land, and what environmental issues this area faces.' (Past & Present)

Personal Development

Your team are there to support you throughout the expedition, but the intrinsic motivation must come from yourself – you must want to do it. You must want to prove to yourself that you are as good as all the others and that you are not a ‘weak link’. You must want to be able to do all things and not leave some tasks to others. Everyone has things that worry them before an expedition (even the people who have done it before) and everyone has something to learn.

1. Write down three things that you are worried about for this expedition. Examples could be, ‘I’ve never camped before, I’m not sure I can sleep in a tent’. Or ‘I don’t know if I can get on with everyone’.
2. What can you do to reduce these worries? How can your team help you? How can you help yourself?

Teamwork

3. In your own words, describe what you consider to be a good team.
4. List three things that a good team would do during their expedition.

Campcraft, equipment & hygiene

Your clothing and camping equipment are most important for your safety on the expedition. If you are warm and dry and carrying a bag that is well packed and fits you, then you will have a safer and more enjoyable time.

1. What size, in litres must your rucksack be?
2. List some reasons why it must be this size.
3. We also say that you must waterproof the things inside your bag, particularly your sleeping bag and spare clothes. What does this mean and how are you going to do this?
4. Please put on your waterproof coat & over-trousers to check that they still fit – do they?
5. List 3 important features of a waterproof coat.
6. Your jacket and trousers need to have sealed seams (if you don't remember what this means, then look in the information booklet) Do yours?
7. List 2 reasons you must have a pair of over-trousers as well as your leggings or trousers.
8. Have you been for a long walk in your walking boots to check that they still fit with thick sock on? (and don't give you blisters)
9. Why must you bring a beanie and gloves even if the weather forecast is for it to be dry and mild temperatures?
10. Why do you need to bring a watch to navigate?
11. Why must there be a lot of room left in your rucksack after you have packed it in your house
12. Read the Clothing & Equipment Advice Booklet and follow the instructions on how to pack your bag. It takes longer than you think to pack your rucksack well and fit everything in without leaving lots of little spaces and making sure the bag is balanced. You get better and faster with practice. You will know which of your smaller bags go where each time you go to pack. Practice this now.
13. Your bag should not be more than 1/3 of your body weight when full. Look carefully at what you have packed and think about how you can reduce weight.
14. Is everything fully waterproofed? Your sleeping bag and spare clothes need to go into their own drybag or rubble sack.

Food & cooking

Food is important for energy and moral during your expedition. Hunger, low blood sugar and dehydration will result in moodiness and bad decisions. Your food needs to be high calorie but also lightweight, small in size, and tasty.

1. Copy out this table and write down the menu plan for you team. Include the foods that you are bringing for your own lunch.

<i>Meal</i>	<i>Food</i>	<i>Tried it?</i>
<i>Breakfast</i>		
<i>Lunch x2</i>		
<i>Dinner</i>		
<i>Snacks</i>		

It is important that you try the food that you are bringing. You don't want to walk all day and then be faced with food that you don't know how to cook and/or don't like.

2. How much pasta/rice/noodles (in grams) is a sensible amount for one person for one meal?
3. How can you measure that amount when you are on expedition?
4. How much water do you need to go with that amount of pasta/rice/noodles?
5. Cook your dinner at home, use a small pan. Can you make you dinner without needing to stir it and without it sticking to the bottom of the pan? Can you choose a different meal or different way to cook it.
6. Look at your lunch food. If there is anything that you would normally keep in a fridge then don't bring it. Remember this food will have been squashed in your bag for two days. Make you lunch and snacks up into 4 bags – one for each day. This makes sure you don't have too much or too little, and that won't eat all your snacks on day 1.
7. Think back to your Bronze expedition, did you have enough food?
8. Teams regularly crave savory/salty foods by the end of an expedition. Have you chosen so foods that aren't just sweets?
9. Calories are important to give you the energy to keep going. Check the food you have chosen. Does it have a large number of calories for its size?
10. Remember that water is important. Check your water bottles are big enough. You need to carry 1.5Litres a day, we suggest in two separate bottles.

First Aid















1. List the extra medications, creams and lotions you need to add to your first aid kit?
2. One of your team feels like they are getting a 'hot spot' in their boots. What do you do?
3. If you ignored it, what will happen?
4. It's a hot and sunny day on your expedition, dehydration and sunburn are two of the problems you might face. What simple things can you do to avoid anyone in your team getting these.
 - a.
 - b.
 - c.
5. Ticks can be a problem in the countryside. What is a tick and what is the disease that they might carry?

Emergency Procedures

6. One of your team has Asthma, they start to feel wheezy walking up a hill. What do you do?
7. If you do not have a mobile signal what do you do to get a mobile signal?
8. When leaving a voicemail or texting a leader, why do you need to add the time you sent it?
9. Why should you not ring your parents if you are lost or having an emergency?
10. Find the name of the village or town near the start of your expedition, then log onto the Met Office website and search for the weather forecast for that place tomorrow.
 - a. What is the lowest temperature tomorrow night?
 - b. What is the highest wind speed tomorrow and what is the highest Gust speed?
 - c. What is the lowest 'Feels like Temperature' tomorrow?

Navigation

These are symbols used on our maps – what does each one mean?

Symbol	Name
	
	
	
	
	
	
	
	
	
	
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Using maps to measure distance and estimate how long you will walk for

1. The maps you use for your expedition are 1:25000.

This means that 4cm on the map is 1km in real life. Complete this table.

Length on Map	Distance on the ground
4cm	
2cm	
1cm	
0.5cm	

2. If it takes you 1 hour to walk 4km, how long does it take to walk 1 km?
3. You have been walking and chatting for 30mins without really concentrating.
 - a. How far have you walked?
 - b. The turn you wanted was supposed to be a 15 minute walk, what should you do now?
4. Your path junction is 500m away. How long will it take you to walk there?
5. Which end of the needle on this compass points South?
6. Which way is North on the map?
7. Can you describe how to set the map to North using a compass? You may have forgotten doing this at Bronze. Your trainer will ask you to try this before they revise it with you.



Countryside Code

1. What is the countryside code?
2. When was it written?
3. What are the 5 most important points in the Code for you on a DofE expedition?
4. Why do we need a countryside code?
5. Why are you not allowed to play music whilst out walking?
6. Why must you shut all gates after you?
7. Why must you not drop litter or leave rubbish when out walking?

Mobile Phone Policy

Bringing a mobile phone on Expedition can create many problems – explain 3 of them.

A mobile phone can have benefits for you on Expedition – explain 3 of them.

Your Expedition Area & Route

Your Gold expeditions (practice and qualifier) are both within the Peak District National Park. This was the first national park in the UK in 1951. It covers 555 square miles and is one of the most visited national parks in the UK.

What is a National Park?

Why is the peak so important historically?

Research the Kinder Trespass

What was it?

When did it happen?

How are the effects important today?

What is access land? What does it mean to walkers/wildlife?

4. You walk past several features during your expedition.

1. Wild Bank Hill. This has a trig point on the top. What is a trig point and what were/are they used for?

2. Stalybridge country park. Who owns it and why is it important?

3. Walkerwood reservoir, Brushes reservoir, Swineshaw reservoirs and others. What are these used for and where does the water go?

4. There are some disused quarries in the area. What were they quarrying? And what is it used for.

5. What animals and plants are native to this area? Which ones have been introduced?

6. Some of the area is a Grouse Moor. What does this mean?

How is the land used/owned

During the expedition you will walk through land that is used in different ways. Some of it is farmland and some is Access land.

What is the difference between these two types? How does this influence where you can walk?

Can you see any difference in the farmland and the access land? Do the plants and animals change?

Environmental issues

A large number of people visit this area. What environmental issues do you think this could cause?

What evidence did you see of the impact of tourism/walkers on the area? Was it positive or negative? Or both?

Expedition Aim

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Aim Ideas

Choosing an aim for your team to study on your expedition can be difficult. It is worth thinking about it before your training expedition so that you can test out how easy it is to carry out and how much information is actually available. Below is a list of ideas. You can pick one of these or you can develop your own.

Make sure it is something that interests all the members of your team as you all need to have an equal role in researching and presenting this aim.

1. Study how insect life/plant life differs between farmland and moor land. Photograph the things you expect to see and explain the differences.
2. Considering the impact of tourism on the flora and fauna of the area you are in. Consider the things that are positive and negative.
3. Creating a guide to the area you are walking through highlighting the things that people would see, with information about them.
4. What wildlife are you likely to see. Make a guide to the flora and fauna and tick off what you see.
5. How accessible is the area you are walking through? What are the paths/styles/gates like? How easy is it for people to park and enjoy the area? Should some areas be hard to get to?
6. Design a photo guide to the country code, explaining why each thing is important.
7. Produce a photo guide to surviving your expedition. Highlight the things teams need to do as well as what they shouldn't do.
8. Make a list of the skills you need to have to complete an expedition and explain why each skill is important with photography and drawings.
9. What are the mental aspects of completing the expedition? How is your mood and the mood of your team effected by food, weather, hills, arguments? How could it be improved?
10. What makes a good team? What are the four stages of becoming a good team? Before your expedition look at the stages of forming a team. Record as your team goes through these and how you learnt from them.

Chat to you team and then complete the following table. You can alter your aim after the training if your original plan doesn't work.

Expedition Aim.....
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	Work to Do	Who is doing it
Pre Expedition		
On Expedition		
Post expedition		
Presentation		